

# 5 Ways to Improve Your Cholesterol

- 1 Eat more fruits, vegetables, whole grains and fewer foods with saturated fats
- 2 Don't smoke or use tobacco
- 3 Maintain a healthy weight
- 4 Exercise for at least 30 minutes, 5 days a week
- 5 Make time to relax

## Cholesterol

**Bad:** Low-density lipoprotein (LDL) builds up in the walls of your arteries, making them hard and narrow.

**Good:** High-density lipoprotein (HDL) picks up excess cholesterol and takes it back to your liver.

When your LDL cholesterol level is low, and your HDL cholesterol level high, your heart beats strong.



*Three easy ways to schedule an appointment:*

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